



S J P N Trust's

Hirasugar Institute of Technology, Nidasoshi.

Inculcating Values, Promoting Prosperity

Approved by AICTE, New Delhi, Permanently Affiliated to VTU, Belagavi

Recognized under 2(f) & 12B of UGC Act, 1956

Accredited at 'A' Grade by NAAC & Programmes Accredited by NBA:CSE & ECE.

Institution

NAAC

Criteria 7

AY:2022-23

Student Participation in Sports & Yoga

AY – 2022-23



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Institute
Sports
HSIT
SAMBHRAMA

2022-23

Ref:-NDS/HIT/PD/691/2022

Date: 21/11/2022

NOTICE

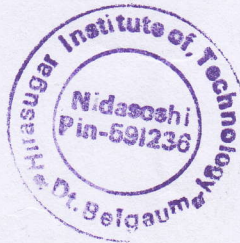
All the students (Boys & Girls) are hereby informed that, the Annual Sports Meet-2022 will be conducted in our college on 10-12-2022. The interested students may enroll their names with Sri S.B.Sarawadi, Physical Edu. Director, on or before 08-12-2022. Each participant is allowed to participate in only four events (three-track events & one-field event or vice versa).

S.NO	ATHLETIC EVENTS -10-12-2022
1	100 Mtr. Running
2	200 Mtr. Running
3	400Mtr. Running
4	800 Mtr. Running
5	1500 Mtr. Running
6	5000Mtr. Running
7	Long jump
8	Shout-put
9	Javelin throw
10	Discuss throw

Note for Events:-

1. Track and Field events will start on 10-12-2022 at 10.00 A.M.
2. As per VTU rules each event First place five points, Second place three points & third place one point.
3. College over all General Championship: Boys & girls separate.
4. Identity card is to be produced compulsorily to participate in the competition.

- 1) Copy to: All Dept. NB
- 2) Circulation 3) O/c



Dr. S. C. Kamate
Principal

Nidasoshi-591 236, Taq: Hukkeri, Dist: Belagavi, Karnataka, India.

Phone: +91-8333-278887, Fax: 278886, Web: www.hsit.ac.in, E-mail: principal@hsit.ac.in



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2022-23

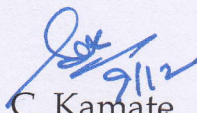
NOTICE

All the students (Boys & Girls) are hereby informed that the Annual Sports Meet-2022 will be conducted in our college on 10-12-2022. Those students who have enrolled their names are informed to be present as per the following schedule.

ATHLETIC EVENTS (Men & Women) (10-12-2022) ORDER OF EVENTS

Sl.No.	Name of the events	Timing
1	Inaugural Function	10.30A.M.
2	100 Mtr. Running	10: 45 A.M.
3	1500 Mtr. Running	11: 00 A.M.
4	200 Mtr. Running	11: 20 A.M.
5	800 Mtr. Running	11: 35 A.M.
6	Shot - put	12: 00 Non
7	Javelin-throw	12: 40 PM
8	Discuss Throw	2:00 P.M.
9	400 Mtr Running	2:30 P.M.
10	5000 Mtr Running	3:20 P.M
11	Long Jump	4.00 P.M.

Note: (Students must be present 15 minutes before the given time for the event)


Dr. S. C. Kamate
Principal

Copy to :

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- 2) Circulation
- 3) O/c

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HSIT Annual
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2022-23

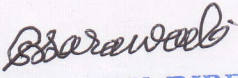
Ref No. HSIT/NDS/PED/ Annual sporta/ 691 /2022-23

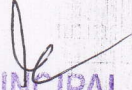
Date:- 10-12-2022

The Results of Prize winner in the Annual Sports Meet for the Academic Year 2022-23 conducted on 10th December -2022 are as below

Atheletic Event Final Results for Men

Sl. No.	Name of students	Sem	Branch	Place	Points
01	Mr. Vijay Kumar J. Imader	5 TH	Civil	First Place in 100 Mtr Running First Place in 200 Mtr. Running First Place in 400 Mtr. Running First Place in Long Jump	05 05 05 05
02	Mr. Someshwar Madyali	3 rd	CSE	First Place in 800Mtr. Running Second Place in 100 Mtr, Running Second Place in 200 Mtr. Running	05 03 03
03	Mr. Basavraj Bhandare	7 th	CSE	First Place in 1500 Mtr, Running First Place in 5000 mtr Running	05 05
04	Mr Suraj Patil	3 rd	CSE	First place in Shut-Put	05
05	Mr. Rakesh S. M	7 th	ECE	First Place in Discuss Throw	05
06	Mr. Nagaraj Mali	3 rd	ECE	First Place in Javeline Throw	05
07	Mr. Amrut B. Solapure	7 th	CSE	Second Place in 5000 Mtr. Running Third Place in 800 Mtr Running	03 01
08	Mr. Ajit. V. Pujeri	1 st	EEE	Second Place in 1500Mtr, Running	03
09	Mr. Akshay Magadam	7 th	ME	Second Place in Shou-Put Third Place in Discuss Throw Third Place in Javeline Throw	03 01 01
10	Mr. Manikanth Kadakol	5 th	EEE	Second Place in Long Jump Second place in Javelin Throw	03 03
11	Mr. Mallikarisidda Metri	5 th	EEE	Second Place in 400Mtr, Running	03
12	Mr. Vinayak Badiger	7 th	ME	Second Place In Discuss Throw	03
13	Mr. Vinod Khot	3 rd	ME	Second Place in 800 Mtr. Running Third Place in 1500 Mtr Running	03 01
14	Mr. Kuber Padanad	5 th	EC	Third Place in 5000 Mtr. Runing	01


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Hirasugar Institute of Technology
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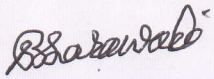
sports


SAMBHRAMA

2022-23

-2-

Sl. No.	Name of students	Sem	Branch	Place	Points
15	Mr. Nandeesh Sheeti	3 rd	Civil	Third Place in Shut Put	01
16	Mr. Akhilesh Halloli	7 th	CSE	Third Place in Long Jump	01
17	Mr. Rohit Gadiwaddar	7 th	CSE	Third Place in 100 Mtr Running Third Place in 200 Mtr, Running	01 01
18	Mr. Bharamu Khanapuri	3 rd	ME	Third Place in 400 Mtr. Running	01


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SAMBHRAMA

2022-23

Ref No. HSIT/NDS/PED/ Annual sporta/ 691 /2022-23

Date:- 10-12-2022

The Results of Prize winner in the Annual Sports Meet for the Academic Year 202-23 conducted on 10th December -2022 are as below

Atheletic Event Final Results for women

Sl. No.	Name of students	Sem	Branch	Place	Points
01	Miss Sarika V. Kutwade	1 st	CSE	First Place in 100 Mtrs. Running First Place in 200 Mtrs Running First Place in 400 Mtrs. Running Second Place in long Jump	05 05 05 03
02	Miss Swati P Tasildar	5 th	CSE	First Place in 800 Mtrs Running Second Place In 400 Mtr. Running First Place in Long jump Third Place in 200 Mtr Running Third Place in Shut-Put	05 03 05 01 01
03	Miss. Soumya S. Kamate	1 st	EEE	First Place in 1500 Mtr. Runing	05
04	Miss. Chaitali B. Umarane	3 rd	E&C	First Place in Shut-Put Throw Second Place in 800 Mtr. Running Second Place in Javelin Throw	05 03 03
05	Miss. Sushrusha Palkar	1 st	EEE	First Place in Discuss Throw	05
06	Miss. Soumya R. Gudasi	5 th	CSE	First Place in Javelin Throw Second Place in Shut-Put Throw Second Place in Discuss Throw	05 03 03
07	Miss. Preeti Soude	3 rd	ECE	Secon place in 100Mtr, Running Second place in 200 Mtr. Running	03 03
08	Miss. Sneha S. Munnoli	5 th	EEE	Second Place in 1500 Mtrs Runing	03
09	Miss. Anushka Gebise	5 th	CSE	Third Place in 400Mtrs Running Third Place in 800Mtrs Running	01 01
10	Miss Bhagyashree H.	5 th	CSE	Third place in 1500Mtr Running	01
11	Miss Sadanna Kremannavar	5 th	CSE	Third Place in Long Jump	01
12	Miss. Shrutika A .Dhang	5 th	ECE	Third Place in Discuss Throw	01
13	Miss. Kerti R. Kamble	3 rd	ME	Third Place in Javaline Throw	01
14	Miss. Shital P. Khade	3 rd	EEE	Third Place in 100 Mtr Running	01

B. Barawade

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J. J. J.
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2022-23

Annual sports Meet- 2022

Indoor Event Final Results for Men & Women

10/12//2022

SIN.	Name of students	Sem	Branch	Place	Points
01	Mr. Yogesh R. Dhanwade	5 th	ME	First Place in Carrom single	05
02	Mr. Praveen Magadam	3 rd	CSE	Second Place In Carrom Single	03
03	Ashwathraj Nerli	7 th	CSE	Third Place in Carrom single	01
4.	Mr. Prasad Hiremath Mr. Nihal Sheikh	7 th 7 th	CSE	First Place in Carrom Doubbles	05
5	Mr. Shivalingappa Theli Mr. Yugal Arali	7 th 5 th	EEE	Second Place in Carrom Doubbles	03
6	Mr. Pramod Ammangi Mr. Yogesh Dhanawade	5 th	ME	Third Place in Carrom Doubbles	01
7	Mr. Chidanand K. Harugeri	7 th	EEE	First Place in Chess	05
8.	Mr. Vishala Haragapure	5 th	EC	Second Place in Chess	03
9	Mr. Mallikarjun. Shettnavar	3 rd	ME	Third Place in Carrom	01
10	Mr. Parshwa V. P.	3 rd	CSE	First Place in Table Tennis Single	03
11	Mr. Akhilesh Halloli	7 th	CSE	Second Place In Table Tennis Single	03
12	Mr. Prasad Hiremath	7 th	CSE	Third Place In Table Tennis Sinle	01

Barawale
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10/12/22
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SAMBHRAMA

2022-23

-02-

13	Mr. Praveen Magadum Mr. Praveen V,P.	3 rd	CSE	First Place in Table Tennis Doubles	05
14	Mr. Aswathraj Nerli Mr. Kartik Kumbar	7 th	CSE	Second Place In Table Tennis Doubles	03
13	Mr. Pradeep R, Parsad Hiremath	7 th	CSE	Third Place In Table Tennis Doubles	01
14	Miss.Sarika V. Kutwade	3 rd	CSE	First Place in Chess	05
15	Miss.Sahana Khemannavar	5 th	CSE	Second Place in Chess	03
16	Miss.Jyoti Benawadi	5 th	EEE	Third Place in chess	01
17	Miss Kavya S. Patil Miss Shweta M. Bommanale	5 th	CSE	First Place in Carrom Doubbles	05
18	Miss Swati P. Talsildar Miss Sushmita D. Hiragappagol	5 th	CSE	Second Place in Carrom Doubbles	03
19	Miss Chaitra Yapalparvi Miss Prajakti Burli	7 th 7 th	CSE	Third Place in Carrom Doubbles	01
20	Miss, Roopa Nidasoshi	3 rd	CSE	First Place in Carrom Single	05
21	Miss Sushmita D. Hiragappagol	5 th	CSE	Second Place in Carrom Single	03
22	Miss. Kirti R. Kamble	3 rd	ME	Third Place in Carrom single	01

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SAMBHRAMA

2022-23

Date :-24-05-2023

Special Prizes for Sports 2022-23

Sl.No	Name of the Participants
1	Hearty congratulation for the special prize to Mr.Chetan Mulimani of 3th Sem EEE Branch He Had Participated in All India Inter University Wrestling Tournament Held at Shiviji University Kholapur on 12 th March 2023. And He is University Blue in wrestling event. Hearty congratulation for the special prize to Mr.Cheetan Moulimani of 3 th Sem EEE Branch He has Participated in VTU inter Collegiate Wrestling Tournament Held at V.V.C.E Mysore on 1 th Febury 2023 He won 52 Category wrestling competition Second Place with silever medial.
2	Hearty congratulation for the special prize to Mr. Sujeet A Huddarof 8th Sem ME department He has participated in VTU state level inter collegiate 70KG Best Physique competition held at Global Academy of Technology Bangalore. on 28-10-2022 and he won the second place with silever medial.
4	Hearty Congratulation for the Special Prize of General Champion ship for boys to Mr.Vijaykumar J. Imedar Civil Engg. Department in Annual Athletic Meet 2022-2023 with total 20 points.
5	Hearty Congratulation for the Special Prize of General champion ship for girls to Miss Sarika V. Kutwade 3rd Sem CSE Department in Annual Athletic Meet 2022-2023. With Total 18 points.
6	Over all Departmental General championship for boys goes to competer science Engenering Department total points 56 Annual sports Meet-2022-2023.
7	Over all Departmental General championship for girls goes to Computer Science Engineering department total points 55. Annual sports Meet-2022-2023.


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ECE.Dept

ECSA

Activities

Even-22-23

DATE: 26/06/2023

ECSA NOTICE

All the students are here by informed that ECSA is organizing following events on 28th June 2023, So interested students can enrol their names to the below mentioned co-ordinators.

SL NO.	EVENT	DATE	TIME	FEE'S	CO-ORDINATORS
1.	Full Pitch Cricket Only for Boys	28/06/2023	2:00 Pm onwards	100/-	1)Adarsh Kammar 2)Vishal Haragapure
2.	Lagori Only For Girls	28/06/2023	2:00 Pm onwards	30/-	1)Samrudhi Kulkarni 2)Shruti Magadum

LAGORI :-

- 7 members per team.
- Make teams as per semesterwise.

CRICKET :-

- 11 members per team.
- Make teams as per semesterwise.
- Only one team from each semester.


ECSA CO-ORDINATOR


27.06.23
HOD
Electronics & Communication Engg.
Hirasugar Institute of Technology,
Nidasoshi-591 236



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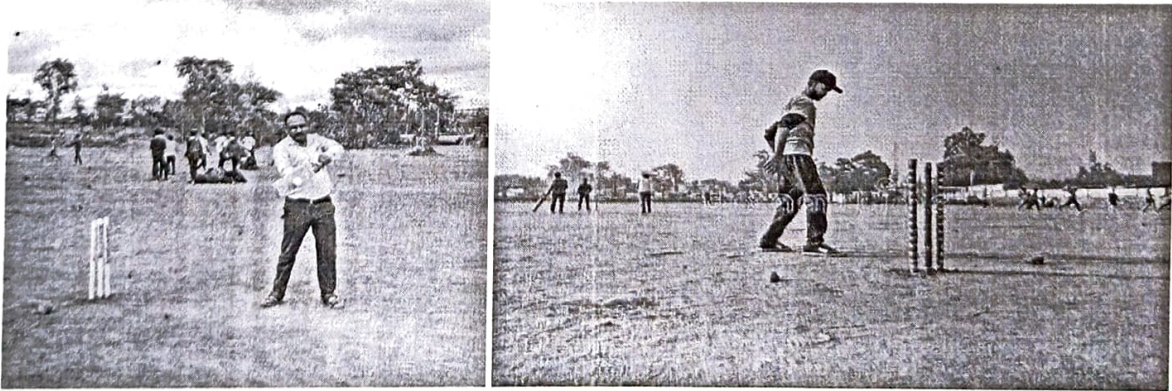

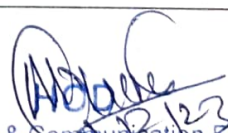
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ECSA.

Activities

Sports

2022-23

Date of Activity held and Time:	28/06/2023 (4:00 pm)
Name of Activity:	Full pitch Cricket
Type of Activity: (cultural/curricular/co-curricular)	Co-curricular
Resource Person/Invitee :	
Professional Details of Resource Person :	
Year / Class :	All 2nd, 3 rd , and 4 th year Students.
NO. of Students :	60
NO. Of Staff :	All
Activity In Charge :	Prof. D M Kumbhar
Description of Activity : The full pitch cricket game was arranged by ECSA on 28 June 2023 at 4.00 pm for boys of ECE department. The students ECE branch made their team's semester wise and played game.	
	
 ECSA Coordinator	 Electronics & Communication Engg. Hirasugar Institute of Technology, Nidasoshi-591 236



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	ECSA
	Activities
	2022-23

DATE: 29/06/2023

FULL PITCH CRICKET RESULT

1. First Prize: Pruthviraj Choukashi
Kiran Kabadagi
Deepak Badiger
Prajwal Teradali
Moohamadkaif Pattankudi
Kiran Nerli
Vishal Donawadi
Danesh Peerzade
Vishal Patil
Pravin Kotagi
Sanket Badkar
2. Second prize: Aditya Sajane
Anup Khot
Chetan Yarabandi
Vikas Dhavane
Vinod Adavi
Shubham Ghatawade
Vinayak Galatagi
Nagraj Mali
Saddamhusen Mujawar
Balu Chougale
Akshay Pattar


ECSA CO-ORDINATOR


for **HOD**
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ECSA.

Activities

Sports

2022-23

Date of Activity held and Time:	28/06/2023 (4:00 pm)
Name of Activity:	Lagori
Type of Activity: (cultural/curricular/co-curricular)	Co-curricular
Resource Person/Invitee :	
Professional Details of Resource Person :	
Year / Class :	All 2nd, 3 rd , and 4 th year Students.
NO. of Students :	50
NO. Of Staff :	All
Activity In Charge :	Prof. D M Kumbhar

Description of Activity :

ECSA conducted logori game for girl students of ECSA department on 28 June 2023 at 4.00 pm. Students participated in the event and enjoyed the game.



ECSA Coordinator

Electronics & Communication Engg.
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ECE Dept.

ECSA

Activities

2022-23

DATE: 29/06/2023

LOGORI RESULT

1. First Prize: Neelambari Arakeri

Vimarsha Pujari
Sapna Naik
Priyanka Garbude
Aishwarya Dudhgavi
Neha Bhujagoudar
Shruti Magadum

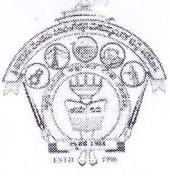
2. Secon Prize: Shravana Bastwadi

Saraswati Balobal
Sneha Munnoli
Gouri Mathapati
Sneha Sadalagi
Susmita Tanadi
Pooja Kabadagi

ECSA CO-ORDINATOR

HOD

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CSE Dept.

STAC

Indoor games

2022-23 (even)

Ref. No. HSIT/CSE/Notice/140/2022-23

Date: 16/06/2023

NOTICE

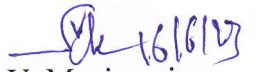
All the students of IV, VI semester are hereby informed that the STAC is organizing Indoor games competition on 20/06/2023, so the interested students can enroll for the same on or before 19/06/2023, before 05.00pm to the respective class event coordinators.

Name of Indoor games are as below.

1. Table Tennis.
2. Carrom.
3. Chess.


Prof N.K. Honnagoudar

Event Coordinator


Prof. S. V. Manjaragi

HOD, CS&E



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CSE Dept.

STAC

Activity Report

2022-23(Even Sem)

Activity Report

Date and Time	20 th June 2023 at 02.00PM
Name of Activity	"Indoor Games".
Type of Activity	Create Competitive environment by sports.
Target Audience	IV&VI Semester CSE Branch students
Number of Audience	43
Activity In-charge	Prof. N.K.Honnagoudar

About the Activity:

A Sports activity on "Indoor Games" was organized for all the students of CSE IV&VI semester by STAC, CSE Department, HIT, Nidasoshi. Objective of this event was to give awareness among students regarding Carrier Job opportunities from sports Quota to Computer Science and Engineering.

During the secession Students are participated Various Indoor games namely Chess, Carrom and Table tennis the basic requirement to Create sportive Environment, reduce stress and improve mental health, boost self-confidence. students are able to learn from this type of events, They develop different Skill requirement and how students can develop themselves in the area of Sports, motivate to solve real time problems and grab the jobs in Corporate Sector& government sector.

During this Indoor Games secession, where many students asked lot of questions regarding Sports and opportunities for Computer Science and Engineering. The event Coordinator clarified all the queries from the students. The secession was very useful to the students, wherein students understood the importance of Sports. How to Grab the Job opportunities in Corporate Sector and Government Sector.. A total of 43 CSE IV&VI Semester students attended the event and got benefitted.

Sl. No.	Objective of the Activity	Relevance to POs
1	To Create, select, Team and apply appropriate techniques, resources, and modern engineering and IT tools including prediction and modeling to complex engineering activities with an understanding of the limitations.	PO5 PSO1&PSO2
2	Able to analyze and design computer related system using relevant tools and techniques.	




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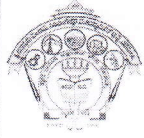
CSE Dept.
STAC
Activity Report
2022-23(Even Sem)

Activity Photographs:




Prof. N.K.Honnagoudar
Event Coordinator


Prof. S V Manjaragi
H.O.D.
Computer Science & Engg.
HIT, Nidasoshi




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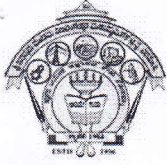
CSE Dept.
STAC
Activity
Report
2022-23(Even Sem)

Indoor games under STAC Winners List

Event name	Winner's	Runner's
Chess Boys	Prajwal Hiremath IV sem	Satyajeet swami IV Sem
Chess Girls	Sarika Kutavade IV Sem	Raheen kamate VI Sem
Carrom Boys	Shravan.H & Praveen.M VI Sem	Sohail.A & Umakant.k IV Sem
Carrom Girls	Roop.N & Sneha.H IV Sem	Sushmita.H & Swati.T VI Sem
Table Tennis Boys	Prasad Bankare IV Sem	Praveen Magdum IV Sem
Table Tennis Girls	Soumya Gudasi VI Sem	Shweta Bommanale VI Sem


Event Coordinator
(Prof N.K.Honnagoudar)


HOD 20/6/23
(Prof S.V.Manjaragi)
H.O.D
Computer Science & Engg.
HIT, Nidasoshi.



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Attendance Sheet

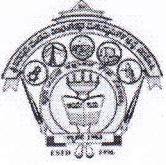
2022-23 (EVEN)

Date: 20-06-2023

ATTENDANCE SHEET FOR INDOOR GAMES

SEM: IV

SL.No	USN	STUDENT NAME	SIGN
1	2HN21CS001	ABHISHEK A KAMERI	
2	2HN21CS002	ABHISHEK SHRISHAIL WALI	
3	2HN21CS004	AKSHATA RAMESH CHUNAMARI	
4	2HN21CS005	ANIKET K MANGAJ	
5	2HN21CS006	ANURADHA A MENASI	
6	2HN21CS007	ASHISH A KAKADE	
7	2HN21CS008	ASHWINI A HATTIGOUDAR	
8	2HN21CS009	ASHOK RAMAGOUDA PATIL	
9	2HN21CS010	ASHWINI M BIRADAR	
10	2HN21CS011	ASHWINI MARTAND MARDI	
11	2HN21CS012	EKANATH B ANEHOSUR	
12	2HN21CS013	GOURI PATIL	
13	2HN21CS014	GOUTAMI K S	
14	2HN21CS015	JAGADEESH KHOT	
15	2HN21CS016	KAVITA LAXMAN MALALI	
16	2HN21CS017	MOHD GOUSE MUJWAR HUSSAIN	
17	2HN21CS018	NANDINI B YAMAGAR	
18	2HN21CS019	NIDHI R TRIKANI	
19	2HN21CS020	PARSHWA V PATIL	
20	2HN21CS021	PRAJWAL S HIREMATH	
21	2HN21CS022	PRASAD P BANAKARE	
22	2HN21CS023	PRATIKSHA M KAMATE	
23	2HN21CS024	PRATIKSHA ISHWAR MALI	
24	2HN21CS025	PRATIKSHA T PATIL	
25	2HN21CS026	PRAVEEN K MAGADUM	
26	2HN21CS027	PREETI PARAGOUDA PATIL	
27	2HN21CS028	PRIYANKA S CHOUKASHI	
28	2HN21CS029	PRUTHVIRAJ R PANDAV	
29	2HN21CS030	ROOPA K NIDASOSI	
30	2HN21CS031	RUDRESH NARAYAN MORE	
31	2HN21CS032	RUTIKA R RAJANNAVAR	
32	2HN21CS033	RUTUJA ABHAY KINANGE	
33	2HN21CS034	SACHIN M HUCHHANNAVAR	
34	2HN21CS035	SANIKA RAJU PARIT	
35	2HN21CS036	SANIKA Y KULKARNI	
36	2HN21CS037	SARIKA VISHWAS KUTWADE	
37	2HN21CS038	SHARADA M BELLAD	



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2022-23 (EVEN)

SL.No	USN	STUDENT NAME	SIGN
38	2HN21CS039	SHRAVANKUMAR MHIREMATH	
39	2HN21CS040	SHREYAS PRABHAKAR DEASID ^{DESAI}	
40	2HN21CS041	SNEHA I HUNASIMARAD	
41	2HN21CS042	SOHAIL A ARALIKATTI	
42	2HN21CS043	SOURABH SUNIL ASWALE	
43	2HN21CS044	SRUSHTHI S BETAGERI	
44	2HN21CS045	SRUSHTI ANIL BHAI RANNAVAR	
45	2HN21CS046	SUFIYA D TAHASIDAR	
46	2HN21CS047	SUMIT S HIREMATH	
47	2HN21CS048	SUMIT S MARADI	
48	2HN21CS049	SATYAJIT ARUN SWAMI	
49	2HN21CS050	TANMAY DHANAPAL NIDAGUNDI	
50	2HN21CS051	UMAKANT V KARADI	
51	2HN21CS052	USHA KRISHNA ASODE	
52	2HN21CS053	VAISHNAVI RAVINDRA	
53	2HN21CS054	VAISHNAVI D GHATAGE	
54	2HN21CS055	VEENA C MUTTUR	
55	2HN22CS400	AKSHAY SHIVARUDRA PATTAR	
56	2HN22CS401	ASEEF DASTAGEER PINJAR	
57	2HN22CS402	GANESH ASHOK BAAD	
58	2HN22CS403	HAVIYA MASHAKSAB DHANNUR	
59	2HN22CS404	KARTIK ASHOK CHINCHANI	
60	2HN22CS405	MUJAHID PATEL	
61	2HN22CS406	OMKAR PATIL	
62	2HN22CS407	POONAM BAHUSAB MANE	
63	2HN22CS408	SAMMED AJIT KORUCHE	
64	2HN22CS409	SHREYA .S. SHIRKOLI	
65	2HN22CS410	SIDDHARTH. V. NESARI	
66	2HN22CS411	SONALI BABASAHEB SANNAKKI	
67	2HN22CS412	SUPREET BASAVARAJ JAGANURI	
68	2HN22CS413	SURAJ BADAGAVI	

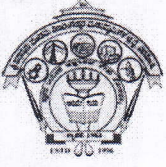
Event Coordinator

Prof. N. K. Honnagoudar

Prof. S. V. Manjaragi

HOD, CSE

Computer Science & Engg.
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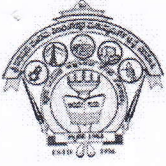
2022-23 (EVEN)

Date:20-06-2023

ATTENDANCE SHEET FOR INDOOR GAMES

SEM: VI

SL.No	USN	STUDENT NAME	SIGN
1	2HN20CS002	ABHISHEK BOLLARAPPU	
2	2HN20CS003	ADITYA YALLAPPA KESARKAR	
3	2HN20CS004	AISHWARYA S BANNURI	
4	2HN20CS005	AKHILA D RENDALE	
5	2HN20CS006	AKHILA R SADALAGI	
6	2HN20CS008	ANNAPURNA U BENNER	
7	2HN20CS009	ANUSHKA GEBISE	
8	2HN20CS011	BHAGASHREE S HOSAMANI	
9	2HN20CS012	CHETAN MALLAPPA GOLABHAVI	
10	2HN20CS014	KAVYA S PATIL	
11	2HN20CS015	KOMAL SUNIL MAGADUM	
12	2HN20CS016	MANIKANTH YALLAPPA DRAXE	
13	2HN20CS017	MANJULA MALLAPPA GUDASI	
14	2HN20CS018	OMKAR DATTATREY KULKARNI	
15	2HN20CS019	OMKAR M PATIL	
16	2HN20CS020	PALLAVI J PAYAPRAPPA	
17	2HN20CS021	PATIL SUSHILKUMAR MAHADEV	
18	2HN20CS022	PATIL VISHAL VIJAY	
19	2HN20CS023	PRACHI SUBHASH BABANNAVAR	
20	2HN20CS024	PRAMOD ANIL PATIL	
21	2HN20CS025	PRANAV ANIL KOSHTI	
22	2HN20CS026	PRIYA S KARAMBALE	
23	2HN20CS027	PRIYANKA SHANKAR KORE	
24	2HN20CS028	RAHEEN ISMAIL KAMATE	
25	2HN20CS029	RITESH A DESHAPANDE	
26	2HN20CS030	SACHIN ASHOK BADIGER	
27	2HN20CS031	SAHANA MANGASULI	
28	2HN20CS032	SAHANA KHEMANNAVAR	
29	2HN20CS033	SAMRUDDHI RAJENDRA KORI	
30	2HN20CS034	SANGAMESH BAGEWADI	
31	2HN20CS035	SAVEKAR PRANAV SURESH	
32	2HN20CS036	SHARANAGOUDA V SHIVANAGOUDARA	
33	2HN20CS037	SHIVANI SANJEEV MAHANTSHETTI	
34	2HN20CS038	SHIVANI SURESH MADIWAL	
35	2HN20CS039	SHRADDHA SUBHASH PATIL	



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2022-23 (EVEN)

SL.No	USN	STUDENT NAME	SIGN
36	2HN20CS040	SHRINIVAS H HUNASHIKATTI	
37	2HN20CS041	SHWETA MAHESH BAMMANALE	<i>Shweta</i>
38	2HN20CS042	SHWETA SUHAS KOLI	<i>Shweta</i>
39	2HN20CS043	SIDDAPPA GODI	<i>Siddappa</i>
40	2HN20CS044	SIDDHARTH P KATANOOR	<i>Siddharth</i>
41	2HN20CS045	SNEHA NINGOUDA PATIL	<i>Sneha</i>
42	2HN20CS046	SNEHA SIDDAPPA CHOUGALA	
43	2HN20CS047	SOUMYA R GUDASI	<i>Gudasi</i>
44	2HN20CS048	SOURABH PARTHANAHALLI	
45	2HN20CS049	SUDHA VIJAY FADI	
46	2HN20CS050	SURAJ SUDHEER PATIL	<i>Suraj</i>
47	2HN20CS051	SUREKHA R. MOOLIMANI	
48	2HN20CS052	SUSHMITA D HIRAGAPPAGOL	<i>Sushmita</i>
49	2HN20CS053	SWATI PRAKASH TASILDAR	<i>Swati</i>
50	2HN20CS055	URMITA S MAGADUM	
51	2HN20CS056	VARSHA HUCHCHANNAVAR	<i>Varsha</i>
52	2HN20CS057	VINAYAK SATAPPA AVARADE	
53	2HN21CS400	ABHISHEK S NAVANI	
54	2HN21CS401	HATAROTE NISHANT B	
55	2HN21CS402	MADHU S INCHAL	
56	2HN21CS403	PRANJALI R GOUDAR	
57	2HN21CS404	SANA S HOSARITTI	
58	2HN21CS405	SNEHA K JOSHI	
59	2HN21CS406	VAISHNAVI R JADHAV	

20/6/23
Event Coordinator
Prof. N. K. Honnagoudar

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Computer Science & Engg.
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VISVESVARAYA TECHNOLOGICAL UNIVERSITY, BELAGAVI
B.E. in Computer Science and Engineering
Scheme of Teaching and Examinations 2021
Outcome Based Education (OBE) and Choice Based Credit System (CBCS)
(Effective from the academic year 2021 - 22)

III SEMESTER												
Sl. No	Course and Course Code	Course Title	Teaching Department (TD) and Question Paper Setting Board (PSB)	Teaching Hours /Week				Examination				Credits
				Theory Lecture	Tutorial	Practical/ Drawing	Self-Study	Duration in hours	CIE Marks	SEE Marks	Total Marks	
				L	T	P	S					
1	BSC 21MAT31	Transform Calculus, Fourier Series and Numerical Techniques	Maths	3	0	0		03	50	50	100	3
2	IPCC 21CS32	Data Structures and Applications	Any CS Board Department	3	0	2		03	50	50	100	4
3	IPCC 21CS33	Analog and Digital Electronics		3	0	2		03	50	50	100	4
4	PCC 21CS34	Computer Organization and Architecture		3	0	0		03	50	50	100	3
5	PCC 21CSL35	Object Oriented Programming with JAVA Laboratory		0	0	2		03	50	50	100	1
6	UHV 21UH36	Social Connect and Responsibility	Any Department	0	0	1		01	50	50	100	1
7	HSMC 21KSK37/47	Samskrutika Kannada	TD and PSB: HSMC	1	0	0		01	50	50	100	1
	HSMC 21KSK37/47	Balake Kannada										
	OR											
	HSMC 21CIP37/47	Constitution of India and Professional Ethics										
8	AEC 21CS38X/21 CSL38X	Ability Enhancement Course - III	TD: Concerned department PSB: Concerned Board	If offered as Theory Course				01	50	50	100	1
				1	0	0						
				If offered as lab. course				02				
				0	0	2						
Total								400	400	800	18	
9	Scheduled activities for III to VIII semesters	NMDC 21NS83	National Service Scheme (NSS)	NSS	<p style="background-color: yellow;">All students have to register for any one of the course namely National Service Scheme, Physical Education (PE) (Sports and Athletics) and Yoga with the concerned coordinator of the course during the first week of III semester. The activities shall be carried out from (for 5 semesters) between III semester to VIII semester. SEE in the above courses shall be conducted during VIII semester examinations and the accumulated CIE marks shall be added to the SEE marks. Successful completion of the registered course is mandatory for the award of the degree. The events shall be appropriately scheduled by the colleges and the same shall be reflected in the colander prepared for the NSS, PE and Yoga activities.</p>							
		NMDC 21PE83	Physical Education (PE) (Sports and Athletics)	PE								
		NMDC 21YO83	Yoga	Yoga								
Course prescribed to lateral entry Diploma holders admitted to III semester B.E./B.Tech programs												
1	NMDC 21MATDIP31	Additional Mathematics - I	Maths	02	02	--	--	---	100	---	100	0
<p>Note: BSC: Basic Science Course, IPCC: Integrated Professional Core Course, PCC: Professional Core Course, INT –Internship, HSMC: Humanity and Social Science & Management Courses, AEC–Ability Enhancement Courses. UHV: Universal Human Value Course. L –Lecture, T – Tutorial, P- Practical/ Drawing, S – Self Study Component, CIE: Continuous Internal Evaluation, SEE: Semester End Examination. TD-Teaching Department, PSB: Paper Setting department</p> <p>21KSK37/47 Samskrutika Kannada is for students who speak, read and write Kannada and 21KSK37/47 Balake Kannada is for non-Kannada speaking, reading, and writing students.</p> <p>Integrated Professional Core Course (IPCC): Refers to Professional Theory Core Course Integrated with Practical's of the same course. Credit for IPCC can be 04 and its Teaching–Learning hours (L : T : P) can be considered as (3 : 0 : 2) or (2 : 2 : 2). The theory part of the IPCC shall be evaluated both by CIE and SEE. The practical part shall be evaluated by only CIE (no SEE). However, questions from the practical part of IPCC shall be included in the SEE question paper. For more details, the regulation governing the Degree of Bachelor of Engineering /Technology (BE/B.Tech.) 2021-22 may be referred.</p>												

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Scheme of Teaching and Examinations 2021
Outcome-Based Education (OBE) and Choice Based Credit System (CBCS)
(Effective from the academic year 2021 - 22)

Swappable VII and VIII SEMESTER**VII SEMESTER**

Sl. No	Course and Course Code	Course Title	Teaching Department (TD) and Question Paper Setting Board (PSB)	Teaching Hours /Week				Examination			Credits	
				Theory Lecture	Tutorial	Practical/ Drawing	Self -Study	Duration in hours	CIE Marks	SEE Marks		Total Marks
				L	T	P	S					
1	PCC 21CS71	Big Data Analytics	Any CS Board Department	3	0	0		3	50	50	100	3
2	PCC 21CS72	Cloud Computing		2	0	0		3	50	50	100	2
3	PEC 21XX73X	Professional elective Course-II		3	0	0		3	50	50	100	3
4	PEC 21XX74X	Professional elective Course-III		3	0	0		3	50	50	100	3
5	OEC 21XX75X	Open elective Course-II	Concerned Department	3	0	0		3	50	50	100	3
6	Project 21CSP76	Project work		Two contact hours /week for interaction between the faculty and students.				3	100	100	200	10
Total								350	350	700	24	

VIII SEMESTER

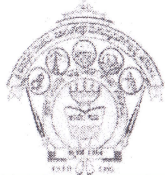
Sl. No	Course and Course Code	Course Title	Teaching Department	Teaching Hours /Week				Examination			Credits		
				Theory Lecture	Tutorial	Practical/ Drawing	Self -Study	Duration in hours	CIE Marks	SEE Marks		Total Marks	
				L	T	P	S						
1	Seminar 21CS81	Technical Seminar		One contact hour /week for interaction between the faculty and students.				--	100	--	100	01	
2	INT 21INT82	Research Internship/ Industry Internship		Two contact hours /week for interaction between the faculty and students.				03 (Batch wise)	100	100	200	15	
3	NCMC	21NS83	National Service Scheme (NSS)	NSS	Completed during the intervening period of III semester to VIII semester.				--	50	50	100	0
		21PE83	Physical Education (PE) (Sports and Athletics)	PE									
		21YO83	Yoga	Yoga									
Total								250	150	400	16		

Professional Elective - II

21CS731	Object oriented Modelling and Design	21CS734	Blockchain Technology
21CS732	Digital Image Processing	21CS735	Internet of Things
21CS733	Cryptography and Network Security		

Professional Elective - III

21CS741	Software Architecture and Design Patterns	21CS744	Robotic Process Automation Design and Development
21CS742	Multiagent Systems	21CS745	NoSQL Data Base
21CS743	Deep Learning		



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CSE

Academics

Time Table

Rev. : 01

2022-23 (Even Sem)

Department of Computer Science and Engineering

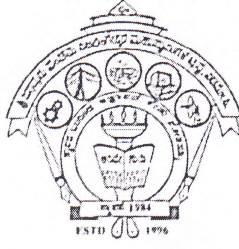
TIME TABLE

SEM:IV	DIV:-		CLASSSTRENGTH: 68				ROOM NO: A305	W.E.F:19-06-2023		
DAY/TIME	I 09.00AM- 09.55AM	II 09.55AM- 10.50AM	Break-10:50AM-11:10AM	III 11.10AM- 12.05PM	IV 12.05PM- 01.00PM	Lunchbreak-1:00pm To 2:00pm	V 02.00PM- 2.55PM	VI 02.55PM- 03.50PM	VII 03.50PM- 04.45PM	
MONDAY	MES	MFC		DAAL(B1)/MESL(B2)/PPL(B3)/WP(B4)			OS	DAA	BFE	
TUESDAY	CIPE	OS		DAAL(B2)/MESL(B3)/PPL(B4)/WP(B1)	←----- STAC ACTIVITIES ----->					
WEDNESDAY	BFE	DAA		MFC	MES		Additional Mathematics – II (21MATDIP41)			
THURSDAY	WP*	DAA		DAAL(B3)/MESL(B4)/PPL(B1)/WP(B2)	MES		CIPE			
FRIDAY	MFC*	DAA*		UHV	OS*		Placement Activity	DAAL(B4)/MESL(B1)/PPL(B2)/WP(B3)		
SATURDAY	PPL*	UHV		OS*	MES*					
Yoga Class on Monday and Thursday at 7.00am to 8.00am						# - Class Teacher	* - Tutorial Class			
FACULTY DETAILS:				SUBJECT DETAILS:						
SLP	Dr. S. L. Patil			BSC : MFC (21MATCS41)	Mathematical Foundations for Computing					
AAD	Prof. A. A. Daptardar			IPCC : DAA (21CS42)	Design and Analysis of Algorithms					
NKH	Prof. N. K. Honnagoudar			IPCC : MES (21CS43)	Microcontroller and Embedded Systems					
MGH	Dr. Mahesh Huddar			PCC : OS (21CS44)	Operating Systems					
VMB	Prof. V. M. Bhumannavar			AEC : BFE(21BE45)	Biology For Engineers					
PGP	Prof. Prasanna Patil			PCC : PPL (21CSL46)	Python Programming Laboratory					
AAD	Prof. A. A. Daptardar			IPCC : DAAL (21CS42)	Design and Analysis of Algorithms Laboratory					
NKH	Prof. N. K. Honnagoudar			IPCC : MESL (21CS43)	Microcontroller and Embedded Systems					
MSF	Prof. M. S. Futane			HSMC : CIPE (21CIP47)	Constitution of India & Professional Ethics					
SIM	Prof. S. I. Mane (#)			AEC-IV : WP(21CSL481)	Web Programming (Lab Course)					
SGH	Prof. S. G. Huddar			UHV (21UH49)	Universal Human Values					
SBS	Shri. S. B. Sarawadi			NMDC: YO(21YO83)	Yoga					
** Additional Mathematics - II - 21MATDIP41, CLASSES ONLY FOR LATERAL ENTRY STUDENTS, BSC : basic Science Course, IPCC: Integrated Professional Core Course, PCC : Professional Core Course, HSMC : Humanity and Social Science & Management Courses, AEC : Ability Enhancement Courses, UHV : Universal Human Value Course										
BATCH DETAILS			B1 : 1-17	B2 : 18-34	B3: 35-51	B4:52-68				

Daptardar
15/6/23
CO-ORDINATOR

S. B. Sarawadi
15/6/23
HOD
Computer Science & Engg.
HIT, Nidasoshi.

S. B. Sarawadi
15/6/23
PRINCIPAL
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Department of : **CSE / ECE / EEE / M E / Civil**

Activity : ASSIGNMENT / QUIZ BOOK

Name : Vaishnavi. Ravindra. Mustorgi Sem : IV

Roll No. : 52

2 H N 2 1 C S 0 5 3

Course : Yoga Code : 21Y083

S. No.	Activity	Date of submission	No. of Pages Used	Max. Marks	Marks Obtained	Faculty Signature
1	Planning	10-7-23	5	15	14	B. S. Sankeshwar
2	Tutorial	7-8-23	3	15	14	B. S. Sankeshwar
3	Practical Assignment	15-9-23	2	20	18	B. S. Sankeshwar
Final Marks				50	46	B. S. Sankeshwar

Vaishnavi
Signature : Student

B. S. Sankeshwar
H. O. D.

1] Explain patanjali's ashtang yoga in detail. Describe it in terms of its need and importance nowadays

→ Patanjali's Ashtang yoga is a comprehensive system of yoga outlined in the "Yoga sutras" a foundational text written by Sage Patanjali over 2000 years ago. Ashtanga yoga is often referred to as the "eight limbs of yoga" because it consists of eight interconnected steps or practices aimed at achieving spiritual growth and self-realization.

① Yama [Ethical Guidelines]:

There are ethical principles that guide one's behaviour towards others. They include Ahimsa, Satya and Aparigraha.

In today's world these principles are vital for fostering harmony, empathy and social responsibility.

② Niyama [Personal Observation]:

These are personal disciplines that focus on self purification and inner development. They include such as Santosha, Tapas, Svadhyaya and Ishwara pranidhana. Practising these helps in reducing stress, promoting mental well-being and nurturing self-awareness.

③ Asana [physical postures]: These are the yoga poses that enhance physical strength, flexibility and balance. In the modern era, where sedentary lifestyles and stress-related health issues are common, practicing yoga asanas can alleviate these problems and improve overall health.

- ④ Pranayama [Breath control]: Pranayama involves breath regulation techniques to control and expand one's life force. It helps reduce anxiety, improve focus, and manage emotions, which are highly relevant in today's fast-paced, stress-filled world.
- ⑤ Pratyahara [sense withdrawal]: This step involves turning one's attention towards the inner self by withdrawing from external sensory distractions. In the age of constant digital stimulation, developing the ability to focus and detach from sensory overload is crucial for mental well-being.
- ⑥ Dharana [concentration]: Dharana is about developing single-pointed concentration. In an era of information overload, the ability to focus on tasks is a critical skill for productivity and mental peace.
- ⑦ Dhyana [meditation]: Meditation is a deeper state of concentration where the mind becomes absorbed in the object of focus. Regular meditation practice is essential for reducing stress, enhancing emotional growth, and promoting mental clarity.
- ⑧ Samadhi [union with the divine]: Samadhi is the ultimate goal of Astanga yoga, where the practitioner experiences a profound union with the divine or higher consciousness. While this might seem abstract, it can provide a sense of purpose, inner peace, and fulfillment in a world where many struggle with existential questions.

In today's society, characterized by stress, distractions, and a fast-paced lifestyle, Astanga yoga offers a holistic approach to well-being. It provides tools for managing physical and mental health.

2] Explain Yama in terms of all its five disciplines

⇒ Yama is one of the foundational principles in the philosophy of yoga outlined in the yoga sutras of patanjali. It consists of five ethical disciplines that serve as guidelines for how individuals should relate to the external world these are the five disciplines of yama.

- (i) Ahimsa [non-violence]: Ahimsa is the practice of non-violence both in action and thought. It emphasizes compassion kindness and the avoidance of harm to all living beings. This principle encourages us to cultivate a sense of empathy and peace in our interactions with others.
- (ii) Satya [Truthfulness]: Satya encourages truthfulness in our words and actions. It involves being honest and sincere as well as avoiding falsehood and deception practicing satya helps build trust and authenticity in our relationship.
- (iii) Asteya [non-stealing]: Asteya is the commitment to not stealing or converting what belongs to others. It extends beyond material possessions to include not taking credit for someone else's work or ideas. Asteya promotes fairness and integrity.
- (iv) Brahmacharya [moderation]: Brahmacharya advocates for moderation and balance in all aspects of life especially in relation to sensory pleasures and desires. It suggests conserving and channeling one's energy for higher spiritual purposes.

⑤ Aparigraha [non-possesiveness]:

Aparigraha is the practice of non-attachment and possessiveness. It encourage us to let go of excessive material desires and attachments can lead to suffering and hinders spiritual growth.

3] Describe all the five angas or niyama namely shouch, santosh, Tapas, suadhyay, eshwar pranidhan

⇒ The niyamas are the second limb of the eight fold path of yoga as obtained in patanjali's yoga sutra's. They consist of five principles or practices that relate to one's personal and inner conduct. Here's a description of each the five niyamas.

(i) shouch [Purity or cleanliness]: shouch emphasizes both physical and mental purity on a physical level it involves maintaining cleanliness in your body, surrounding and diet mentally it refers to cleansing your thoughts emotions and intentions by practicing shouch.

(ii) santosh [contentment]: santosh is the practice of contentment and acceptance of what is it encourages you to find joy and satisfaction in the present moment without constantly seeking external validations or desiring more.

(iii) Tapas [Austerity or Discipline]: Tapas involves self-discipline and self-control. It's about making conscious efforts to overcome physical and mental obstacles on your spiritual journey. This can include practices like fasting, meditation or engaging in challenging yoga.

(iv) suadhyaya [self-study]: suadhyaya is the practice of self-inquiry and self study. It involves examining your thoughts emotions and actions to gain a deeper understanding of yourself. This self awareness is often achieved through reading spiritual texts.

⑤ Ishwara pranidhana [surrender to the higher power]:

Ishwara pranidhana is the practice of surrendering to a higher divine power or the universe. It involves recognizing that there are forces beyond your control and surrendering the ego's desire for total control. This surrender can take the form of prayer.

Surrender

4] Elaborate 12 count surya namaskar with their technique, benefits name of every position.

⇒ ① Pranamasana [Prayer pose]

* Technique: stand at the edge of your yoga mat feet, together, calm in front of your chest.

* Benefits: centering, improves concentration and posture.

② Hasta utthanasana [Raised arms pose]:

* Technique: Inhale, raise your arms overhead arch back slightly and stretch.

* Benefits: stretches the spine, chest and abdomen improves lung capacity.

③ Uttaranasana [Standing Forward Bend]:

* Technique: Exhale, bend forward at the hips bring hands to the beside your feet.

* Benefit: stretches the back hamstrings and calms the mind.

④ Ashwa sanchalanasana [Equestrian pose]:

* Technique: Inhale, step the right leg back keep the left knee bent and gaze forward.

* Benefit: strengthens leg muscle, improves balance and focus

⑤ Dandasana [stick pose]:

* Technique: Inhale, bring the left leg back to align with the right keeping the body straight.

* Benefits: strengthens arms, legs and core muscles.

⑥ Ashtanga namaskara [salute with eight pose]:

* Technique: Exhale, lower knee, chest and chin to the floor keeping hips up.

* Benefits: strengthens upper body, prepares for backbends.

⑦ Bhujangasana [cobra pose]:

- * Technique: Inhale slide forward raise the chest into a gentle back-bend look up.
- * Benefit: strengthens the spine opens the heart and improves posture.

⑧ Parvatasana [mountain pose]:

- * Technique: exhale, left hips and push heels to the floor form an inverted 'V'.
- * Benefits: stretches the spine hamstrings and strengthens arms.

⑨ Uttanasana [standing forward pose]:

- * Technique: exhale, bring the right leg forward parallel to the left.
- * Benefit: same as Uttanasana.

⑩ Ashwa Sanchalana [equestrian pose]:

- * Technique: Inhale, step the left leg forward right knee on the floor gaze forward.
- * Benefits: same as the right leg variation balancing both sides.

⑪ Hasta Uttasana [raised arms pose]:

- * Technique: Inhale, raise your arms overhead arch back slightly and strengthen.
- * Benefit: same as Ashwa Sanchalana.

⑫ Pranamasana [prayer pose]:

- * Technique: Exhale stand up straight with hands in front of your chest.
- * Benefits: completes the cycle centers the mind and aids in relaxation.

5) Explain the need and importance of sitting asanas and write in detail about their name techniques precautionary measures and benefit of sitting asanas

→ namely i) Sukhasana
ii) Paschi-mottasana

Prone line
i) Dhanurasana

Seepine line
i) Halasana
ii) Kasmripidasana

⇒ * sitting Asana :

i) Sukhasana [easy pose]:

- * Technique: sit across legged back straight palms on knees, eyes closed and focus on breath.
- * Precautions: people with knee and hip injuries should use props. Avoid if you have severe lower back pain.
- * Benefits: promotes a calm and meditative state stretches the back and improve posture.

ii) Paschimottasana [seated forward bend]:

- * Technique: sit with legs extended, inhale, reach for toes exhale bend forward to run hips keeping the spine straight.
- * precautions: be gentle with your back don't force yourself to bend. Avoid if you have a herniated disc or sciatica.
- * Benefits: stretch the spine, hamstrings and calms the mind. good for digestion.

* standing Asana :

i) Ardhakati chakrasana [half waist rotation]:

- * Technique: stand with feet hip width apart hands on hips. Inhale twist your upper body to the right exhale return then repeat on the left.

* Benefits: stretches the spine hamstrings and calms the mind.

* precautions: people with back issues should be continuous don't twist too forcefully.

2 (i) Pashua Konasana [side angle pose]:

* Technique: From a wide legged stance bend at the hip reaching your right hand to the left ankle look up repeat on the other side.

* precautions: bend carefully if you have a neck or shoulder injury avoid if you have knee issues.

* Benefits: strengthens legs, stretches the side of the body and improves balances.

3 Prana Asana:

1 Dhanurasana [Bow Pose]

* Technique: lie on your stomach bend knees hold ankle inhale lift chest and thighs off the ground.

* precautions: avoid if you have severe back pain or neck injuries.

* benefits: strengthens the back and abdomen improves posture and stimulates organs.

2 Supine Asana:

1 Halasana [plow pose]:

* Technique: lie on your back lift legs over your head support your back with your hands and extend legs behind.

* precautions: avoid if you have neck and back issues don't overstrain.

(ii) Karnapindasana [ear pressure pose]:

- * Technique: From Halasana, bend your knees and bring them towards your ears.
- * precautions: same as Halasana be gentle on the head.
- * Benefit: further stretches the neck and back massager abdominal organs.

Bharadwaj

6] Explain the meaning of kapalabhati. Elaborate its techniques, benefits and importance

⇒ kapalabhati is a yogic breathing technique, also known as "skull shining breath" or "breath of fire". It is an essential component of Pranayama, the yogic practice of breath control. It involves rapid and forceful exhalations followed by passive inhalations. Here's an explanation of its meaning, importance and benefits.

* Meaning:

- kapala: means "skull" in Sanskrit.
- bhati: means "shining" or "illuminating".

It can be loosely translated as "skull shining" or "Forehead shining". The practice aims to cleanse and purify the mind bringing clarity focus and a sense of lightness to the practitioner.

* Importance:

- Mental clarity: It helps clear the mind of clutter, promoting mental clarity and alertness.
- Detoxification: It aids in the detoxification of the respiratory system and the body by expelling toxins through rapid exhalation.
- Stress Reduction: The rhythmic breathing pattern can induce a state of relaxation, reducing stress and anxiety.
- Improved lung capacity: It enhances lung function and increases lung capacity.

Energy Boost: Regular practice can provide an energy boost and combat feelings of lethargy.

- **Balance Doshas:** In Ayurvedic medicine it's believed to balance the doshas, particularly kapha, helping to alleviate conditions related to excess mucus.

* **Benefits:**

- **Respiratory health:** It clears the respiratory passages and can be beneficial for individuals with respiratory conditions like asthma and benefits.
- **Weight management:** Regular practice can aid in weight management by increasing metabolism.
- **Improved concentration:** The increased oxygen flow to the brain enhances concentration and cognitive function.
- **Emotional Balance:** It can help stabilize emotions and alleviate mood swings.
- **Spiritual Growth:** In the context of yoga or meditation it is believed to help awaken spiritual energy and open the third eye which is associated with intuition and insight.

Baranade

1] Explain the need, meaning and importance of pranayam and Different types meaning name, technique, precautionary measure and benefits of each pranayam?

⇒ Pranayam is a Fundamental aspect of yoga that involves the practice of breath control and regulation. The word "pranayam" is derived from Sanskritic words "prana", which means life force or vital energy and "ayama", which means control or expansion. Together, pranayama refers to the deliberate control and expansion of one's life force or breath.

* Meaning and purpose of pranayama:

It aims to balance and harmonize the flow of prana within the body, leading to physical, mental and spiritual well-being. It involves various breathing techniques to manipulate the breath and consequently the flow of energy within the body. The primary purpose of pranayama are:

① Enhanced Vital Energy:

It helps to increase the flow of prana in the body, boosting vitality and overall health.

② Stress Reduction:

It helps to calm the mind and reduce stress and anxiety by regulating the breath.

③ Improved concentration:

It practices enhances concentration and focus by training the mind to follow the breath.

④ Physical health:

It can have positive effects on the respiratory system, blood circulation and digestion.

⑤ Spiritual growth:

In yoga and some spiritual traditions pranayama is considered a means to elevate one's spiritual consciousness.

* Types of Pranayama:

1. Suryanuloma - uiloma:

- Meaning: It is also known as the "right nostril breathing". It involves breathing exclusively through nostril.
- Technique: sit in a comfortable posture, close the left nostril using the right thumb, and inhale and exhale.
- Precautions: avoid practicing it for an extended period as it generates excess heat in the body.
- Benefits: This technique can increase vitality, boost energy levels and activate the solar energy within the body.

2. Chandranuloma - uiloma:

- meaning: It is also known as the "left nostril breathing".
- Technique: sit comfortably posture close the right nostril using the right ring finger and inhale and exhale.
- precautions: avoid practicing it for an extended period as it can cool the body excessively.
- Benefits: It helps reduce stress and anxiety, balances emotions and promotes relaxation.

3. Surya Bhedana:

- meaning: It translates to "piercing the sun". It involves forceful inhalation through right nostril.
- Techniques: sit comfortably close the left nostril using the right thumb and inhale deeply and forcefully through.
- Precautions: This practice should be done with caution and is not recommended for those with high blood pressure.
- Benefits: It can stimulate the sympathetic nervous system and generate heat in the body.

4. Nadishodhana:

- meaning: It means "channel purification". It balances the flow of prana through the body's energy channels.
- Technique: This involves alternating between inhaling and exhaling through the left and right nostril while blocking the other nostril.
- precautions: Ensure a relaxed posture and gentle breath avoid forceful breathing.
- Benefits: Reduces stress, balances the nervous system and improves mental.

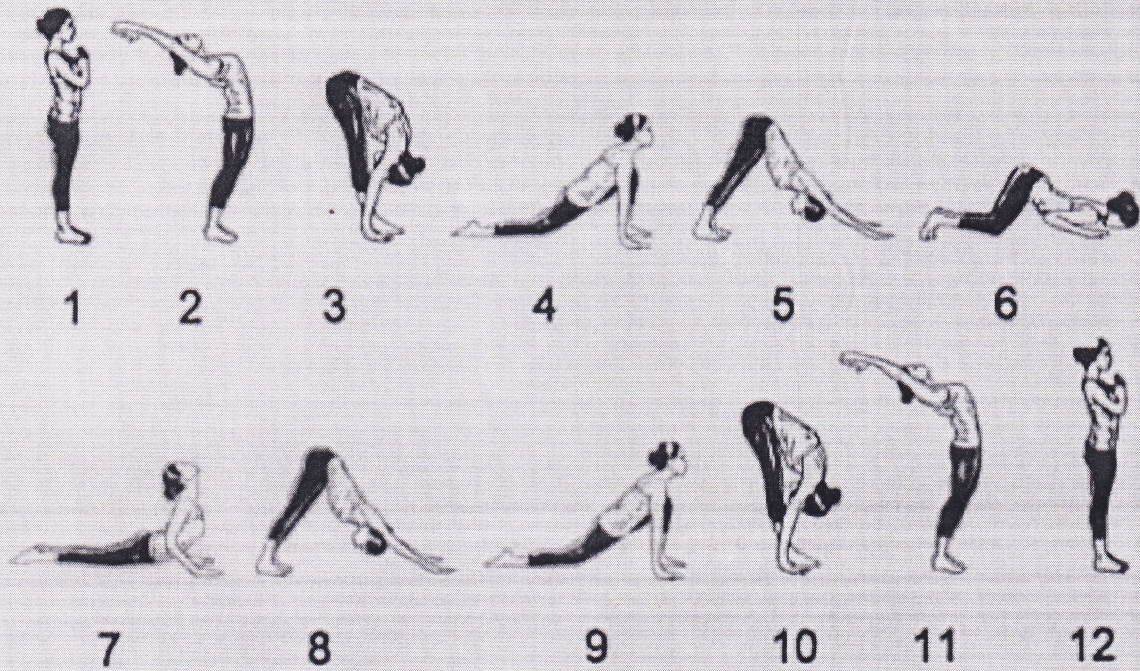
Baranidhar

5. chandra Bhedana:

- meaning: It translates to "piercing the moon". It involves forceful inhalation through left nostril.
- Techniques: sit comfortably close the right nostril using the right ring finger and inhale deeply and forcefully through left nostril.
- precautions: it should be practiced continuously and is not recommended for individuals with certain medical conditions.
- Benefits: It can activate the parasympathetic nervous system, induce a sense of calm and cool the body.

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Bharat

Suryanamaskar



(Step 5 Parvatasana or Dandasana both are allowed)

PART A

COMPULSORY ASANAS



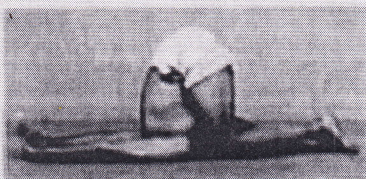
PASCHIMOTTANASANA



SARVANGASANA



PURNA DHANURASANA

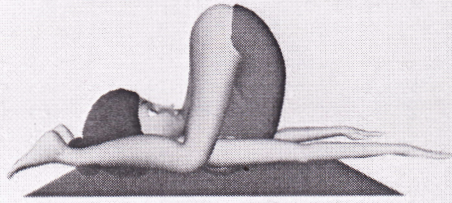


KARNA PINDASANA

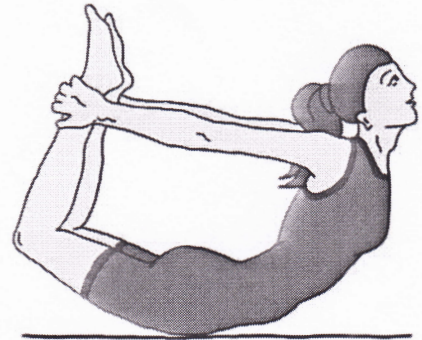


GARUDASANA


KARNAPIDASANA
(EAR PRESSURE POSE)



DHANURASANA
THE BOW POSE



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ARDHA CHAKRASANA
HALF WHEEL POSE



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SUKHASANA
THE EASY SITTING POSE



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